



MIRACULOUS LIVING

with Julie Renee

Speaker, Author, Master Healer



877-477-5521

From Fatigued To Fabulous

How to recharge from stress overwhelm and burnout

Transcription of the Adrenal Meditation

Take a deep breath in, and out. And as you breathe in, breathe in pink and gold energy. As you break out, breathe out any negativity. Continue breathing in and out.

Now go ahead and rub your hands together, in front of your heart chakra to create some heat in the palms of your hands. In India it's called, "Tapas," which is spiritual or psychic energy. While you're rubbing your palms together, keep breathing in through your nose and out through your mouth.

Once your palms are nice and hot, go ahead and put both your right and left palm on your back at the waist level – kind of holding the back at waist level. We're going to do a little healing to the adrenal glands with our hands... Keep breathing in and out... and let that heat go right into the adrenals. (This is a little hands-on healing for yourself!) Sense how good it feels... Breathe deeply.

When you're ready, you can put your hands on your lap with your thumb and forefinger touching in Dhyana Mudra – the Mudra of Infinity – and send a grounding cord from the base of the spine down to the center of the Earth. Make the grounding cord nice and wide. Set the grounding cord on release and release all the excess energy in the body. [Breathe and release.]

Male bodies: Ground your testes with a line of energy as wide as your wrist, hollow in the center, down to the center of the Earth. Set them on "release" and just release all the aggression and competition.

Female bodies: Ground your ovaries with a line of energy as wide as your wrist, hollow in the center, down to the first chakra at the perineum, and then down into the center of the Earth. Set each of the ovaries – the right and the left ovary – on "release." If you need to, push a little button on and release all the healing projects and stop healing everybody.

Now, breathing in and out... let's pop up to the adrenals, and we'll begin the adrenal healing by grounding the adrenals with a line of energy as wide as your wrist, hollow in the center. (The adrenals are on top of the kidneys, 2 inches off the spine and an inch up from the waistline.) Draw a line of energy from each of the adrenals to the first chakra at the perineum and down to the center of the Earth. Put a release button on the right and left adrenals and let's release the adrenals of all the fight or flight energy, the stress-out energy, worry and concern. Let it all go...

Now let's plug the sciatic nerve into the adrenals, and allow the whole nervous system to be represented by being plugged into the sciatic nerve, which is plugged into the adrenals. Plug the sciatic nerve into the adrenals, and just like a bucket of water when you pull the cork out, it starts emptying



MIRACULOUS LIVING

with Julie Renee

Speaker, Author, Master Healer



out; the water just drains right out. Plugging the sciatic nerve into the adrenals is just like that bucket... and so the cork is out now, and the nervous system is draining down through the adrenal grounding cord to the center of the Earth, and we're clearing off all the gunked-up energy on the nervous system.

At this point we're also going to also allow the nervous system to come to its parasympathetic state, if it hasn't been that way already, so we're in the regeneration state. Then we'll go ahead and set up the rest of the grounding and clearing and come back to the adrenals.

So, popping up to the center of the head... In the center of the head is your Golden Temple of Silence. Let's go ahead and open the trap door out the back... Take a spiritual firehose and wash out the center of the head. Beautiful. And clear out all the cobwebs and dust bunnies and fuzz balls from the center of the head.

Now sit on your throne in your golden spiritual temple and let's look out the view screen. You're looking out in front of you into this peaceful world...and we're going to pop out the top of the head, pulling the aura into 18 inches around the body. Go ahead and clean out the inside of the aura, setting a little golden roomba – a vacuum cleaner – at the top of the head, and let's just vacuum out the inside of the aura. The roomba is going to spiral around your head and shoulders, waist, hips, thighs, knees, around the ankles and under the feet. And now go ahead and throw that golden roomba vacuum cleaner down the grounding cord – the big grounding cord at the base of the spine.

Next, go ahead and clear off the edge of the aura. Smooth in any dings, dents or holes in the aura – especially if you're stressed out – there might be some holes around the center of the body right around the waist... Go ahead and fill that in, and let's just have a nice crisp edge to the aura, and definitely, let's put up a big protection rose on the outside edge of the aura – a big 2-foot protection rose – just on the outside of the aura, grounded to the center of the Earth...

Let's put a little stick of dynamite under that protection rose and blow that up, and then let's do another protection rose in the same space. Grounded to the center of the Earth... good. ...

Go down to your feet and open the chakras at the bottom of your feet; those lotus-like lenses, and open them up to Earth energy, bringing Earth energy up through the feet, ankles, shins and calves, knees, thighs, through the hips and out the grounding cord. We're clearing your "soul" understanding – your ability to take your next steps in life and also your ability to honor yourself. Again, I kneel at the altar of myself... Beautiful.

Finding a place in the universe that's in affinity with you, let's bring that line of energy into the back of your head – one inch above where the spine meets the skull – and down the neck and shoulders, arms, elbows, forearms, through the wrists, hands, fingers and out the fingertips. And let's bring more of that energy into your neck and down your back channels and then looping down and through your hips and then coming up through the pelvic cradle and looping up through the belly, through the chest, the neck, through the head, fountaining out the head like a beautiful Italian fountain, bathing and cleansing your aura.



MIRACULOUS LIVING

with Julie Renee

Speaker, Author, Master Healer



We're going to look at the two chakras that are players in the adrenals functioning well. Let's start with the first chakra, which is at the perineum, kind of between the base of the spine and the front of the pubic bone. So that's a conical-shaped chakra facing down. It's about 7 inches down so it starts at your skin and it goes down about 7 inches to about mid-thigh. The cone of this first chakra – the disc at the end of the cone – should be spinning, so let's go ahead and make sure that it's spinning.

For some of you, you might have some dark energy or the chakra might be missing – just imagine replacing the chakra or removing the energy. So if there's dark energy like black, gray or brown, go ahead and put a cobalt blue energy in that area – shoot cobalt blue into that area and clear off the dark. And then, let's maybe bring that first chakra to a green... If you have red or another solid color, that's fine, but green's an awesome color to have in the first chakra. It has to do with wealth and health, so it's a great root chakra color... (The root chakra is all about survival so green is awesome.) Beautiful!

Then let's go to the third chakra, which is just above the belly button, maybe an inch or 2, and remember that in the lesson we described that it is actually one chakra, but two directions: out the front about 6 inches off the body, and shaped like an ice-cream cone, and out the back in the same region. The outer edges again are the discs, spinning; so the cone is narrow, close to the skin, and wider out, and we want to make sure the disc is spinning. Red and orange and green are good colors in this one so you can do any of those colors in the third chakra.

If you see dark energy in your third chakra go ahead and do a deprogram; just shoot some cobalt blue into the dark energy until it disappears. Then let's just get those chakras really humming so that our discs are spinning. And it's a beautiful, radiant color that supports your will in the world.

Now go ahead and while we're in that third chakra region, revisit the adrenals – those little acorn-like glands that sit on top of the kidneys. Imagine putting some golden suns, pulsing them onto the adrenals... Now normal, healthy adrenals are kind of plum-like. They're plumped up – they're "juicy." But adrenals that are way overworked and exhausted kind of look like prunes or raisins; they're all dried up and kind of "shrivelly."

So what we do with the golden suns is that the golden suns pulse on the adrenals and help plump them back up. If you are having some vision of what's going on with your adrenals and you're imagining maybe a little raisin, you want to be plumping up those adrenals with these pulsing golden suns, maybe 10 times a day. And you can do this in meditation, but you can also do this when you are not in meditation. So just consciously be focusing gold and pulsing. (Gold is the energy of God.) So we're just really focusing on reanimating the adrenals in their God state. We're bringing the light of God back into these glands that are so important to us.

As you let those golden suns continue to pulse on the adrenals, we're going to go into the center of the head, and sit on the throne. Next, we're taking out one cell, one master cell from one of the adrenals and we'll put that on the view screen. So you're going to be sitting on your Golden Temple on your throne, looking out the view screen, and on the view screen is this cell. In that cell is your DNA strand.



MIRACULOUS LIVING

with Julie Renee

Speaker, Author, Master Healer



Pull that strand out. It has 46 chromosomes. Let's be looking in those 22 mother, 22 father chromosomes, and 2 original God chromosomes, and look for any dark energy around how the DNA is wired to handle stress ... any dark energy that has been passed down from mother's side, father's side... it could be generations back... information on how the adrenals are supposed to hold up... or were they wired to break down after a while...

So let's have those DNA strands light up with the black spots where there's problem energy around stress and the adrenal health. And when it's all lit up and you can see everything or you have a feeling of it (it's ok not to know what it all means), let's go ahead and take a golden vacuum cleaner out and vacuum off the DNA... the black failure energy around stress, and around adrenal failure, that might have been passed down from family.

When you've gotten all the black vacuumed out, I'd like you to imagine healthy, plump adrenals. They're very happy, and with a style of receiving information that is like water off a duck's back. Maybe there's some stress energy that's around you but you still have beautiful equanimity and peace. Go ahead and put those pictures into the DNA, which is kind of replacing the stuff we took out, and let's go ahead and pulse some gold pulses, like radio waves of gold in through the DNA to seal up this healing...

As you are wrapping that DNA back up and putting it into the master cell, we're going to put that back into the adrenal, and then we're going to have it mirror to both of the adrenals. This will give the whole body a new upgrade around adrenal health and stress interpretation. So, bring that cell...put that back into the adrenal. You can bring some gold energy into the body – especially the adrenals. And let's get the cells talking together; you have just upgraded your DNA information. Let's seal that up with some gold energy, pulsing through the whole body... it feels very, very good.

While you're doing this, you can affirm that you love yourself, and that you trust yourself that you have a right to express your unique self in joy, and celebration, and ease. It's all right to separate yourself from the way the family behaves; it really is all right.

And now while we're working on the adrenals, let's imagine that we can access (which of course we can) the stem cells that formed the adrenals when we were 130 cells of blastocysts in our mother's womb (there were little cells that formed the adrenals). They're still with us – the Master Cells. So let's activate the Master Cells; let's turn on those stem cells and give ourselves a stem cell healing...and of course those golden suns are still pulsing on the adrenals, and they are starting to feel quite a bit better. See those stem cells activating, waking up, and really restoring those adrenals to their youthful, vibrant state.

Maybe you want to bring some green energy in; you can watch those stem cells just moving around the adrenals just giving this information of renewal.

While we're having that renewal happening and the golden suns pulsing, let's imagine a magnet out about 10-12 inches off your back, one of those old-fashioned horseshoe magnets, and let's just have that magnetize all the difficult work and relationship energy out of your adrenals – it just doesn't belong



MIRACULOUS LIVING

with Julie Renee

Speaker, Author, Master Healer



there. So turn that magnet on, and just let that weighted energy out of the adrenals. You might notice that that energy is kind of flying like little black tacks, or whatever, filling up the magnet and clearing out your adrenals more...

If you're ready for this healing, imagine extending a timeline out from the adrenal area, way, way back to preconception, and then out the front in the same region of the adrenals, close to the third chakra: a timeline out into your future. Then, we're going to do an end-of-drama healing. On the timeline, we want to light up all the drama and all the activity that has you startling all the time – especially the stressors... the information will still be there, but the weight that's built up over time, like one thing on top of another thing on top of another thing, will diminish, so you'll have the information but you won't have the weight of the drama.

So have on your timeline from preconception to today, all the drama lit up on the timeline, and have it light up as black dots. Next, we're just going to take the weight of all the drama of this lifetime off the timeline so you'll still have the memories, but you won't have the weight pressing on you. So let's go ahead and take a golden vacuum cleaner and let's vacuum off the timeline.

Also, you can go ahead and run the timeline out the front, to any predicted drama in the future – which would really wear on your adrenals – go ahead and vacuum that off, too. You're using your golden vacuum cleaner – again, gold being the energy of God. We're just accessing that beautiful, divine power that's available for us, to clean up our space. Go far out – around 100 years out into the future – and vacuum all that drama off the timeline. And now starting from preconception, let's pulse gold energy all the way through the timeline, and seal up this healing.

Now, we're going into the center of the head and a little below where your throne is, to the brain stem, the reptilian brain... and what we want to do is clear out any dark energy, so you could ground the brain stem with a line of energy as wide as your wrist, hollow in the center, down to the center of the Earth, and let's set the brain stem and the emotional brain which caps it (it's like over the top like a mushroom) and let's go ahead and set those two brains, the first and second brain on release... Just release the impacted energy of stress. ...

And now bring some gold and pink energy into the brain stem, and emotional brain, reptilian brain. Gold and pink energy.

Now what we're going to do is bring gold and pink energy from the brain stem down through the twin adrenal glands and then down to the perineum. So now we're bringing gold and pink into this diamond. And then from that connection, we're letting that gold and pink flood through the nervous system. And the nervous system go through the connection with the first brain, the reptilian brain, the connection with the adrenals, and of course the connection with the survival chakra. So we're just seeing that gold and pink really calming and soothing in healing the body. And then the nervous system does of course return to electric blue and very comfortable peace energy in the nervous system. ...



MIRACULOUS LIVING

with Julie Renee

Speaker, Author, Master Healer



And then we're going to come to the center of the head and then sit on the top of the head in a golden sun. And there you sit as a handsome yogi or a beautiful yogini, and go ahead and you slip down into your body with this golden sun...and you're really filling out your toes...and your hands, and your legs, and your arms, torso, neck and head...

Now we're going to do a present time healing...so really feeling the body coming into present time, out of all the history and drama and trauma, and we're feeling the spirit really coming back into present time. The spirit is so often out ahead of us creating projects, and working on relationships and it's running around way ahead of us – months ahead of us, and right now we're getting the spirit in the body to be in this moment in time, together, united. Really feel it as it fully gets in, spirit into body, feeling it click in like a seatbelt – a spiritual seatbelt. You're just clicked in. Beautiful...

And one more time, go ahead and rub your hands together, creating some spiritual heat... with the palms of the hands right in front of the heart chakra. Then we're going to place those palms back on our back at waist level, and do one more healing to seal up all the goodness, all the rejuvenation and regeneration in the adrenals...it feels very, very good...and see those golden suns pulsing on the adrenals... it feels so good.

Now why don't you go ahead and rub your hands together one more time...and what I'd like to do is get those hands nice and hot, and put your right hand over your heart, and then your left hand over your right, in a universal mudra of self-love and self-affinity, and repeat to yourself,
"I love myself."
"I trust myself."
"I give myself permission to express my unique self."

And breathe that in... that love, trust, and permission to be extraordinarily you.
[breathe.....]

Breathing in and out, wiggling around, coming back into the room....

May it be with the blessings of the Supreme Being, that this healing meditation be complete. May the entire world be filled with radiant health, vitality, abundance, joy and peace.

Tathastu. So Be It.

~~~~~